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[Looksmax] Ultimate Looks Maxing Guide

Thread Modes

TomCruiseControl
Newbie

Posts: 3
Threads: 1
Joined: Dec 2017
Reputation: -22

12-03-2017, 03:44 AM (This post was last modified: 12-03-2017, 08:26 AM by TomCruiseControl. *Edit Reason: Suggested changes (thanks to Flossy + looksgr8m8)*) #1

Hey guys, I usually surf this forum new here and I just made an account. I have always been into improving physicality, so while browsing through the information on lookism, I compiled a bunch information in favour in order to gain testosterone, hgh, tissue mass and bone mass Enjoy!

Activities to do:

Get great sleep
Sprint 3 times per week
PMO only ONCE a week
Reduce body fat
Lift heavy
Meditate
Hard and short workouts (15 minutes preferably, no more than one hour)
Chew gum
Stretch

Things to avoid:

Soy
~~Greentea~~
Dried fruits
Flaxseed/Sesame, chickpeas
Peas
Stress
artificial sugar
Eating before bed

Food to eat:

Broccoli
Cauliflower
Kale
eggs.
Coffee
Cabbage
Avocado
Oatmeal

Bananas
Low-fat yogurt
Canola, peanut and peanut oil
Whey protein
Pomegranate
Steak
Natural butter
Spinach
Carrots
Citrus fruits
Any grass-fed cow products

Supplements to eat:

Aromatase inhibitors
MK 677
Aromasin
Astaxanthin
Arimidex
magnesium
zinc
Boron
Arginine
Tongkat ali
Vitamin k2
Melatonin
Glutamine
Creatine
Ornithine
L-dopa
Glycine
Vitamin K
Vitamin D3
Hydrochloric acid
Progesterone
collagen

Anything I should add or remove?
Let me know.

Find Reply

FlossyGloss
Senior Member

Posts: 409
Threads: 6
Joined: Nov 2017
Reputation: **275**
Tinder Matches: 750
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 5

12-03-2017, 06:57 AM (This post was last modified: 12-03-2017, 06:59 AM by FlossyGloss. *Edit Reason: Misspell*) #2

> **TomCruiseControl Wrote:** (12-03-2017, 03:44 AM)
>
> Hey guys, I usually surf this forum new here and I just made an account. I have always been into improving physicality, so while browsing through the information on lookism, I compiled a bunch information in favour in order to gain testosterone, hgh, tissue mass and bone mass Enjoy!
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Stress
Sugar
Eating before bed
AGAIN NO SUGAR

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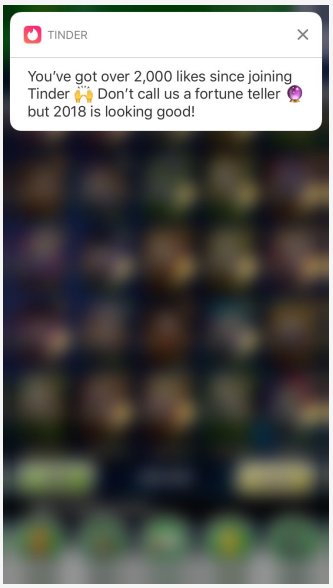
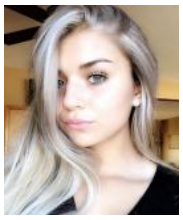


WOAH BRA I ONLY MADE THIS 6 MONTHS AGO FUCKING TWINK NINJA SPANDEZ CHAD DUDE

Find

Reply



looksgr8m8
Member

Posts: 57
Threads: 5
Joined: Dec 2017
Reputation: 51

12-03-2017, 08:20 AM #3

FlossyGloss Wrote: (12-03-2017, 06:57 AM)

TomCruiseControl Wrote: (12-03-2017, 03:44 AM)

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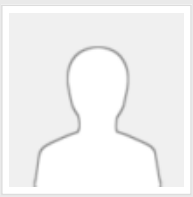
MK 677 is different from MK 2866. 667 secretes gh and doesn't affect test.

OP you contradict yourself with saying no processed food then listing processed food to eat...
And with saying no sugar but saying to eat fruits...

Find Reply

12-03-2017, 08:31 AM #4



TomCruiseControl
Newbie

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TomCruiseControl Wrote: (12-03-2017, 03:44 AM)

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Threads: 1
Joined: Dec 2017
Reputation: -22

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Whey protein
Pomegranate
Steak
Natural butter
Spinach
Carrots
Citrus fruits
Any grass-fed cow products

Supplements to eat:

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~~MK-677~~
GW 510516
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Astaxanthin
Arimidex
magnesium
zinc
Boron
Arginine
Tongkat ali
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Plus, any things you would add to the list?

Find Reply

FlossyGloss
Senior Member

Posts: 409
Threads: 6
Joined: Nov 2017
Reputation: **275**
Tinder Matches: 750
Dates: 100+
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 5

12-03-2017, 09:22 PM #5

TomCruiseControl Wrote: (12-03-2017, 08:31 AM)

> **FlossyGloss Wrote:** (12-03-2017, 06:57 AM)
>
> No reason to avoid green tea, using it as a morning beverage is perfect mentally and physically. Plus the fat burning effects it has. Eggs are high in cholesterol and saturated fat. So I would avoid those. AIs do not need to be consumed if your diet is already low with estrogenic properties. Broccoli in fact contains AI anyway so adding in more would be overkill. Also I think you mean GW 510516 and not MK 677. You can run GW year round without any testosterone suppression. MK suppresses testosterone slowly and will eventually need a PCT.
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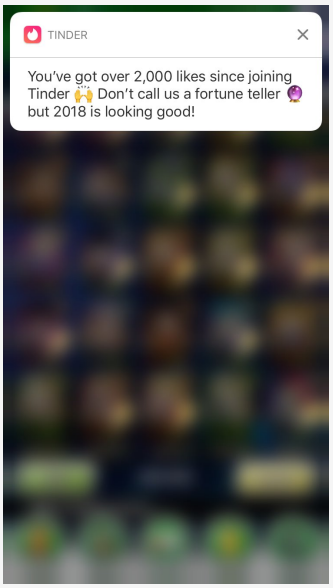

WOAH BRA I ONLY MADE THIS 6 MONTHS AGO FUCKING TWINK NINJA SPANDEZ CHAD DUDE

Find Reply

~~UnmoggableJOCK~~
Banned

Posts: 635
Threads: 111
Joined: Dec 2017

12-03-2017, 09:43 PM #6

haha none of this works u retard. NONE OF THIS WILL GIVE U 0.0001% OF LOOKS MIRO HAS HAHA

Find Reply

ThatChad
Senior Member

1k+ Reps

Posts: 871
Threads: 31
Joined: May 2017
Reputation: 2,146

12-03-2017, 11:39 PM #7

FlossyGloss Wrote: (12-03-2017, 06:57 AM)

TomCruiseControl Wrote: (12-03-2017, 03:44 AM)

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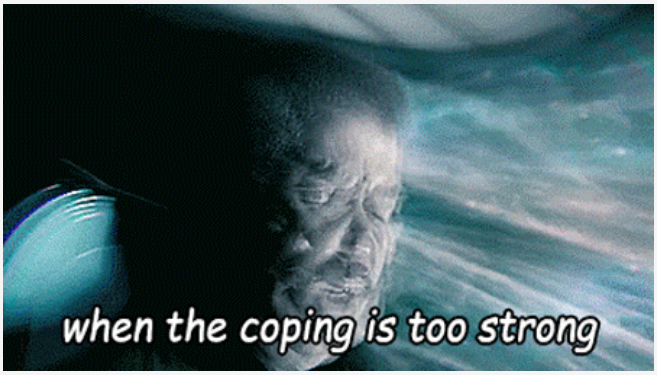
eggs are fine. fk this bluepill sht.

> **AlexanderR97 Wrote:** (12-03-2017, 10:51 PM)
>
> Remove chewing. All it will do is bloat your massaters and give you Massater Hypertrophy.



strong masseters cause mandibular upswing and can widen your face. just lol at calling a muscle bloated lmfao.

if you are reading this and you are not mewmaxxing, posturemaxxing and healthmaxing, you've lost.

Find Reply

FlossyGloss
Senior Member

Posts: 409
Threads: 6
Joined: Nov 2017
Reputation: 275
Tinder Matches: 750
Dates: 100+
Kisses: 100+

12-04-2017, 01:38 AM #8

> **ThatChad Wrote:** (12-03-2017, 11:39 PM)
>
> > **FlossyGloss Wrote:** (12-03-2017, 06:57 AM)
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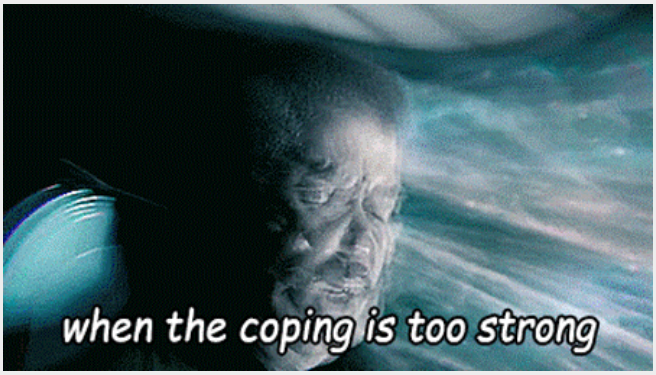

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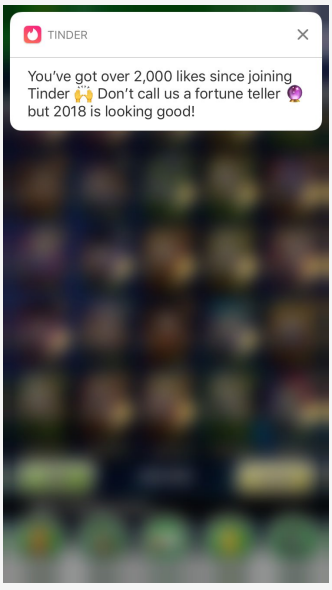
Scientific evidence = Bluepill shit



WOAH BRA I ONLY MADE THIS 6 MONTHS AGO FUCKING TWINK NINJA SPANDEZ CHAD DUDE

Find

Reply

12-04-2017, 02:32 AM (This post was last modified: 01-27-2018, 02:45 AM by AlexanderR97.) #9

.....

AlexanderR97
Super Poster

Posts: 1,025
Threads: 153
Joined: May 2017
Reputation: **340**

Find Reply

12-04-2017, 03:17 AM (This post was last modified: 12-04-2017, 03:18 AM by cmfanel.) #10

cmfanel
Mega Super Poster

UNDER 18

Posts: 2,802
Threads: 28
Joined: Sep 2017
Reputation: **26**

> **FlossyGloss Wrote:** (12-03-2017, 09:22 PM)
>
> > **TomCruiseControl Wrote:** (12-03-2017, 08:31 AM)
> >
> > I personally used to drink green tea at least 3 times a day until I found out that it decreases test production. I used for the same benefits you mentioned, anyway, I agree with you and I crossed it out.
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Estrogen is what causes your growth plates to close

Taking an AI for a year can almost guarantee 2in+ of predicted adult height

I would say E2 is the enemy during puberty for any aspiring heightmaxxer

Lost Virginity as of November 27th, 2017
#FREETAYK

Find Reply

12-04-2017, 07:55 AM #11

TomCruiseControl
Newbie

Posts: 3
Threads: 1
Joined: Dec 2017
Reputation: **-22**

> **cmfanel Wrote:** (12-04-2017, 03:17 AM)
>
> > **FlossyGloss Wrote:** (12-03-2017, 09:22 PM)
> >
> > You can develop a skin reaction due to elevated LDL cholesterol, though its rare and you most likely have to be genetically predisposed to it. But you still need to watch out for your health. I really think you should revise this whole list dude. I noticed a lot of people on here are following short term fads that hinder them lookmaxing in the long run. Estrogen is not the enemy. An imbalance of estrogen is the problem. You seem to be on the right track, this is the stuff I live and breath (Health and Fitness) I made this account recently to contribute as I have learned a lot of good things on here. But their is also a lot of bullshit on here too (like any forum). So if you want to pm me (that way its in my inbox and can reply back when I have time, this thread seems dead so it most likely will get lost soon) I will give my own list of sups, foods, skin protocol, etc, as well as a list for you personally, because what works for me may not work for you. Why am I doing this? Because I'm a narcissist and like helping people that really deserve it. Plus experience I guess

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Any other heightmaxxers? I'm currently 16

Find Reply

cmfanel
Mega Super Poster

UNDER 18

Posts: 2,802
Threads: 28
Joined: Sep 2017
Reputation: **26**

12-04-2017, 02:52 PM **#12**

> **TomCruiseControl Wrote:** (12-04-2017, 07:55 AM)
>
> > **cmfanel Wrote:** (12-04-2017, 03:17 AM)
> >
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Me, I'm 15

Lost Virginity as of November 27th, 2017
#FREETAYK

Find Reply

ThatChad
Senior Member

1k+ Reps

Posts: 871
Threads: 31
Joined: May 2017
Reputation: **2,146**

12-04-2017, 06:14 PM **#13**

> **FlossyGloss Wrote:** (12-04-2017, 01:38 AM)
>
> > **ThatChad Wrote:** (12-03-2017, 11:39 PM)
> >
> >
> >
> > eggs are fine. fk this bluepill sht.
>
> Scientific evidence = Bluepill shit

it's very much ogre for you. i'mma keep eating my eggs

if you are reading this and you are not mewmaxxing, posturemaxxing and healthmaxing, you've lost.

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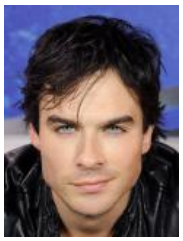


hordnes
Senior Member

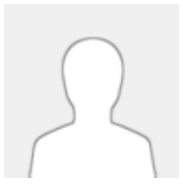
Posts: 835
Threads: 53
Joined: Sep 2017
Reputation: **238**

Find

12-04-2017, 11:38 PM **#14**

why sprint if you already lift

Reply



chinall
Member

Posts: 75
Threads: 8
Joined: Apr 2016
Reputation: **53**

Find

12-10-2017, 12:18 PM **#15**

>Supplements [...] Hydrochloric acid

Wtf man.

Reply

07-29-2019, 06:56 PM #16

Worth a reminder

Tzancktanaka
Newbie

Posts: 48
Threads: 3
Joined: Jul 2019
Reputation: **0**

Find Reply

09-13-2019, 03:12 AM #17

A big part of these is a scam

Omae wa mou shindeiru

Born2Slay
Member

Posts: 61
Threads: 4
Joined: Sep 2019
Reputation: **0**

Find Reply

09-20-2019, 10:27 AM #18

This is overkill, i dont know if you do much else in life by i would suggest you focus on the couple of things that will make a biggest difference and slowly add things in.

Maximus
Member

Posts: 53
Threads: 6
Joined: Sep 2019
Reputation: **0**

Find Reply

09-20-2019, 06:22 PM #19

can woman do follow this regime too?

https://www.instagram.com/clarizmarielle/

lovefromaustria
Member

Posts: 63
Threads: 6
Joined: Sep 2019
Reputation: **-20**

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